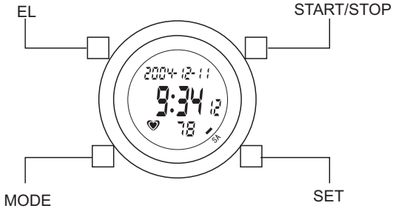
HEALTH & FITNESS WATCH

PYLE® SPORTS



HEART RATE BELT

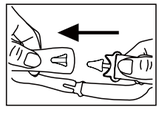
The Pulse Sonic

Thank you for choosing **Pyle Sports** as your personal trainer. In order to be able to make the best use of this device, please read the instruction manual carefully.
Do not discard, keep the manual for future reference.

This **watch** requires CR2032 x 2PCS lithium batteries. Only the recommended batteries are to be used.
When replacing the batteries, the following are to be strictly observed.
1)Only adults should install and replace the batteries.
2)DO NOT use rechargeable batteries.
3)Exhausted batteries should be removed from the Pulse Sonic.

Features
· Time/Date
· Present Heart Rate
· Maximum Heart Rate
· Average Heart Rate
· Target Zone Setting
· 1/100 sec Stopwatch
· Calories Burnt
· Daily Alarm
· User Setting
· EL Backlight
· Energy Saving Function – Auto Display Off

Wear the Heart Rate Belt on your chest with the sensor over your heart for detection of the heart rate.



We will notice that there are two noticeably different patches on the inside of the Heart Rate Belt. These are the sensors for detecting your Heart Rate. Before you put the Heart Rate Belt, wet these two patches lightly so that the sensors can detect your heart rate more easily, faster and more accurately.

Time/Date Function

1) To set the time and date, press the " **Mode** " button till you get to the time/date function.
2) Press and hold the " **Set** " button for 3 seconds then the year digits would start flashing.
3) Adjust your year by pressing the " **Set** " (to count down) or " **Start / Stop** " (to count up)
4) When the year is set, press the Mode button and the month-digits will then flash. Now press" **Set** " button (to count down) or " **Start / Stop** " button (to count up).
5) When the month is set, press the Mode button and the day-digits will then flash. Now press" **Set** " button (to count down) or " **Start / Stop** " button (to count up).
6) When the day of the month is set, press the Mode button and the hour-digits will then flash.Now press " **Set** " button (to count down) or " **Start / Stop** " button (to count up).
7) When the hour of the day is set, press the Mode button and the minute-digits will then flash. Now press " **Set** " button (to count down) or " **Start / Stop** " button (to count up).
8) When the minute of hour is set, press the Mode button and the hour-digits will then flash appear.
9) When the time mode is selected, press Mode button to set the time and date. Noted that the day of the week is displayed at the bottom of the watch and will be automatically set according to the date and year selected.
10) Press " **Set** " button to select the 24-hour or the 12-hour. The " " icon represent nighttime and the " " icon represent daytime.

Note: If no changes (adjustments) are made after 1 minute, it will automatically return to the main display.

Present Heart Rate

1) Press the " **Mode** " key till you have got to the present heart rate function located on the main display, below the time/date function.
2) Wait for the " " to reach the heart rate watch and your heart rate should appear in a few seconds.

Maximum Heart Rate Mode

The maximum heart rate mode records your highest ever heart rate and if you have a even higher heart rate then your previous record, it will replace the old one and only the new will be shown on the highest heart rate mode.
1) Press " **Mode** " till you get to the highest heart rate mode that is below the time/date function.
2) Press the " **Mode** " button again till you see the word max next to the heart rate section like this. Then it will tell you your maximum heart rate.

Average Heart Rate

The average heart rate records your average heart rate and it is changed as you use it more often on average heart rate replacing the other as you use it more.
1) Press the " **Mode** " key till you get to the average heart rate that is below the time/date function.
2) Press the " **Mode** " button once and you 'll see the AVG next to the display of heart rate.
Then you 'll see you average heart rate.

Note: The heart rate ranges from the lowest of 35 and the maximum of 250.

Zone Setting

This parameter sets the intensity of your exercise, and thus monitors your heat rate according to your zone selection.
You may also choose to turn the zone alarm on, in which case the devise will beep if your instantaneous heart rate is not within the target zone.

1) First go to the Zone Setting by pressing the **Mode** button.

2) The words ' **- H -** ' will be displayed and flashing, status of the zone alarm is ON.
Press again the **Set** button and zone alarm will be OFF and the words ' **- H -** ' will not flash.

3) Press and hold the **Set** button when the zone alarm is ON in order to go to the High Zone Setting mode. You will see the bottom range value of the BPM will appear flashing.
Now press the **Start / Stop** button (to count-up) or the **Set** button (to count down).
By pressing either the **Start / Stop** or the **Set** button once, the value will go up or down respectively by one unit. If you press and hold either the **Start / Stop** or the **Set** button, the value will continue counting up or down until you release the button. When you have come to the desired value for the bottom range, press the **Mode** button to confirm your High Zone setting and the bottom range value of the BPM will stop flashing.

4) Press again **Mode** button in order to go to the Low Zone Setting. The words ' **- L -** ' will be displayed and flashing, status of the zone alarm is ON. Press again the **Set** button and zone alarm will be OFF and the words ' **- L -** ' will not flash.

5) Press & hold the **Set** button when the zone alarm is ON in order to go to the Low Zone Setting mode.
You will see the bottom range value of the BPM will appear flashing.
Now press the **Start / Stop** button (to count-up) or the **Set** button (to count down).
By pressing either the **Start / Stop** or the **Set** button once, the value will go up or down respectively by one unit. If you press and hold either the **Start / Stop** or the **Set** button,the value will continue counting up or down until you release the button. When you have come to the desired value for the bottom range, press the **Mode** button to confirm your Low Zone setting and the bottom range value of the BPM will stop flashing.
6) Note that the Target Zone setting of the Heart Rate Monitor has been defaulted High Zone with 160 BPM and Low Zone with 80 BPM (Range : 35 – 250 BPM)

Stopwatch / Calories Burnt

1) Press the " **Mode** " key till you get to the stop watch function.

2) To start the stopwatch, press the " **Start / Stop** " key.

3) Press again the " **Start / Stop** " key to take the lap counting and " **:** " will be flashing and counting continued.

4) To stop the stopwatch, press the " **Set** " key. Press " **Start / Stop** " key to start again the stopwatch.

5) You can check your calories burnt by press the " **Set** " key when the stop watch is stopping or in the lap counting mode.
Press " **Start / Stop** " key to go back the stop watch function and stop watch will start again
Press " **Set** " key to go back to the stop watch function.

6) To reset, press & hold the " **Set** " key and all the data will reset to zero.

7) Measuring Unit : 1/100 second , Measuring Capacity : 23 hr 59 m 59s

8) Calories Unit : 1 Kcal , Measuring Capacity : 19999.99

Daily Alarm

1) Press " **Mode** " till you get to the alarm function.
2) To set your alarm, Press and hold the " **Set** " button for 3 seconds and the hour digit should start flashing.
3) Adjust your hour of the alarm by pressing the " **Set** " button (to count down) or the " **Start / Stop** " button (to count up).
4) Then press the " **Mode** " button to set the next part of the setting which is the minutes.
And once again, press either the " **Set** " button (to count down)or the " **Start / Stop** " button (to count up)
5) Press the " **Mode** " button to complete the setting of the alarm.
6) To activate or deactivate the alarm " ", press the " **Set** " button.

User Setting / Maximum Heart Rate Record

1) Press " **Mode** " button till you get to the User Setting function and you can set your **Age**
Press the " **Start / Stop** " button (to count-up) to set your Age. If you press and hold the " **Start / Stop** " button, the value will continue counting up until you release the button. When you have come to the desired value, press the " **Set** " button to confirm your setting and enter next setting – **Weight**

Default : 16, Range : 5 to 99

2) Press the " **Start / Stop** " button (to count-up) to set your **Weight**. If you press and hold the " **Start / Stop** " button, the value will continue counting up until you release the button.
When you have come to the desired value, press the " **Set** " button to confirm your setting and enter next setting – **VO2max**

Default : 50kg, Range : 20 to 199kg

3) Press the " **Start / Stop** " button (to count-up) to set your VO2max. If you press and hold the " **Start / Stop** " button, the value will continue counting up until you release the button.
When you have come to the desired value, press the " **Set** " button to confirm your setting and enter your **Maximum heart rate record**

Default : 40, Range : 10 to 94

4 Press the " **Set** " button to check your **Maximum heart rate record**

5 .Press again the " **Set** " button to check the **Heart Rate Ratio**

6 .Press the " **Mode** " button in any time to go back to Time/Date Mode.

Noted : You need to enter the **USER SETTING MODE** to configure your personal information settings before use.

Energy Saving Function – Auto Display Off

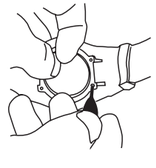
If the chronograph / timer is in stop state, in any non setting mode, the time reaches 12:00am will enter Display Off mode. Press " **MODE** " key to turn on display and enter Time/Date mode.

Installing the Battery

The Heart Rate Monitor uses 2 pcs CR2032 lithium batteries .Use only the recommended batteries.

Pulse Sonic

1) The batteries compartment is located at the back of the **Pulse Sonic**. To install/replace the batteries, un-screw the back cover by screw driver. (Diagram 1)
2) Take out the old batteries and dispose of properly.
3) Insert the new batteries, making sure that the poles are correctly placed.
4) Screw back the back cover.



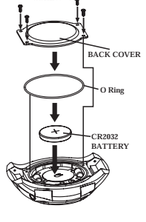


Diagram 1

Heart Rate Belt

1) Hold the Heart Rate Belt firmly. Insert a coin into the slit of the compartment lid and turn it clockwise. The lid should come off easily.(Remove used battery CR2032)(Diagram 2)
2) Gently place the battery into the battery slot of the battery compartment.(Diagram 3)
3) Put the compartment lid back into place and tighten it firmly by turning it anti-clockwise with the help of coin.

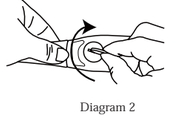


Diagram 2

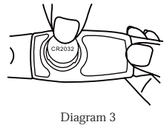


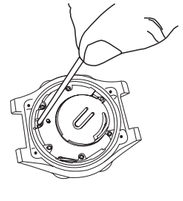
Diagram 3

IMPORTANT BATTERY INFORMATION

- Battery installation and removal should be performed by an adult
- Use only batteries recommended in this instruction sheet
- Be sure to install the batteries with the correct polarity, as indicated
- Remove all batteries when replacing
- Only batteries of the same and equivalent type as recommended are to be used
- Do not short-circuit the supply terminals
- Exhausted batteries should be removed from the product
- Non-rechargeable batteries are not to be recharges
- Rechargeable batteries are to be removed from the product before being charged
- Rechargeable batteries are only to be charged under adult supervision
- Different types of batteries or new and used batteries are not to be mixed.

CAUTION

Should you encounter any problems with the Pulse Sonic (e.g. malfunctioning of a parameter, static electricity, interferences within the product or the need to re-set the device), please press the reset button to reset the watch. All data previously input into the device shall be deleted and you can then/will need to re-set the watch all over again. Should this fail to correction the situation, remove the batteries and then put them back into the battery compartment. Then follow all the steps mentioned above in order to input the necessary data once more. The content of this manual is subject to change without further notice. Due to printing limitation, the displays shown in this manual may differ from the actual display. The manufacturer and its suppliers hold no responsibility to you or any other person for any damage expenses, lost-profits, or any other claims arisen by using this product. The contents of this manual may not be reproduced without permission of the manufacturer.



Press The Reset Button

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